

## Available Services

As we expand our partners and service offerings, we're working to ensure it's easy to find the support you need.

When you visit [www.CommunityConnectYYC.ca](http://www.CommunityConnectYYC.ca), you'll find services grouped by **TYPE**. First, select the **TYPE** of support you need, then we'll show you the service(s) you can book. Currently, some support categories only have one service. The list below shows how we've organized the supports on the website.

### RAPID ACCESS COUNSELLING

Connect to Counsellor within three business days.

### GRIEF SUPPORTS

Individual and group counselling for all types of grief and loss, including loss to suicide, long-term illness, and support for children.

#### GROUP SUPPORTS

- **Suicide Bereavement**  
*Peer and Counsellor-led drop-in group for those grieving a loss to suicide.*
- **Living with Cancer**  
*Peer support group for adults and caregivers living with advanced cancer.*
- **Family Grief Support**  
*Drop-in group for grieving families with children aged 4-12 facilitated by a youth leader and a staff member.*
- **Teen Grief Support**  
*Drop-in group for grieving teens age 13-19 facilitated by youth leaders and a counsellor.*

#### INDIVIDUAL SUPPORTS

- **Suicide Bereavement**  
*Individual counselling for those who have experienced a loss to suicide.*
- **Children's Grief Counselling**  
*Individual and family counselling for children and teens impacted by death or advanced illness.*
- **Counselling for Advanced Illness**  
*Counselling supports for individuals, families and caregivers impacted by any advanced illness.*

### COUNSELLING FOR CHILDREN AND FAMILIES

Counselling and Mental Health Supports for Children and Families.

- **General Counselling for Children and Families**  
*Intake services into individual, group, and family counselling for Calgarians of all ages.*
- **Children's Grief Counselling**  
*Individual and family and counselling for children and teens impacted by death or advanced illness.*

#### FIRST LANGUAGE SERVICES FOR FAMILIES AND CHILDREN

- **Family and Children's Counselling** *in Spanish, Vietnamese, French. Additional languages are available with an interpreter.*
- **Family and Children's Counselling** *in Arabic, Hindi, Urdu, Farsi, and Punjabi, with additional languages available through an interpreter.*

### DOMESTIC VIOLENCE SUPPORTS

Individual and Group supports for families impacted by domestic violence.

- **Counselling for Immigrant Families**  
*Individual, couples, and families counselling for immigrant families impacted by domestic violence with first language service available in Arabic, Hindi, Urdu, Farsi, and Punjabi, with additional languages available through an interpreter.*
- **Counselling for Children and Families**  
*Intake services into individual, group, and family counselling for Calgarians of all ages impacted by domestic violence.*
- **Group Supports and Other Resources**  
*Intake and assessment services to connect to a range of group and individual supports for those impact by domestic violence.*

### COUNSELLING FOR IMMIGRANTS AND FIRST LANGUAGES

General Counselling for immigrants communities and those with first language needs.

- **Language-Specific Counselling**  
*General Counselling for individuals, couples, and families in Spanish, Vietnamese, French. Additional languages are available with an interpreter.*
- **Counselling for Immigrants**  
*Individual, couples, and family counselling open to all immigrants with first language service available in including Arabic, Hindi, Urdu, Farsi, and Punjabi, with additional languages available through an interpreter.*

### FAMILY SUPPORT

Counselling for those supporting someone with a mental illness.

### SEXUAL HEALTH COUNSELLING

Support related to sexuality, sexual health, and healthy relationships, including LGBTQ2S+ communities.

### RAPID ACCESS ADDICTIONS MEDICINE

Counselling, groups, medical, and medication support for those experiencing a challenge with substance use.

### LOW-INCOME FAMILY SUPPORT

Initial consultation service for low-income families to learn about available programs.